

The Spotlight

www.losaltosrecreation.org

May & June 2016

BLAZE A TRAIL: MAY 2016

**OLDER
AMERICANS
MONTH**



Inside Scoop

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City of Los Altos Recreation & Community Services Senior Program

Hillview Park and Community Center (HV), 97 Hillview Avenue, Los Altos, CA 94022

Monday - Friday, 8:30 am - 3:30 pm

Grant Park and Community Center, 1575 Holt Avenue, Los Altos, Ca, 94024

Wednesday, 10:00 am - 2:00 pm

Phone: (650) 947-2797

Website: losaltosrecreation.org


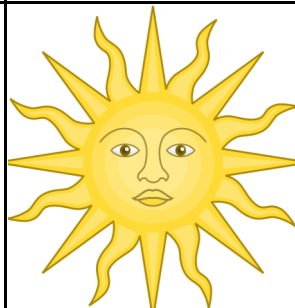
May 2016 Calendar of Events

Mon	Tue	Wed	Thu	Fri
2 S.A.S.H orders due 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	3 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	4 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:00 Speaker: Enjoying Outdoors 12:30 Mah-Jongg Int. Free Play	5 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	6 Super Size Screen: <i>The Martian</i> 1:00 Room 12 Members: Free All Others: \$1.00
9 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	10 8:50/10:00 Stretch&Flex 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Speaker: Mind and Body Connection 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Ping Pong	11 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:00 Casual Dining	12 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	13 2nd Friday Luncheon <u>Menu</u> TBA 12:00 Room 11 Members: \$4.00 All Others: \$6.00
16 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	17 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 HICAP 10:00 Bocce Ball 11:30 Strength & Balance 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	18 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 PEP	19 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	20 Birthday Luncheon Enchilada Casserole Members Birthday: Free Members: \$4.00 All Others: \$6.00 Smart Driver Class
23 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Technology Tutor	24 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	25 Day Trip: Filoli 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play	26 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	27 4th Friday Luncheon <u>Menu</u> TBA 12:00 Room 11 Members: \$6.00 All Others: \$8.00 Smart Driver Class
30  Sorry we are closed	31 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Ping Pong			

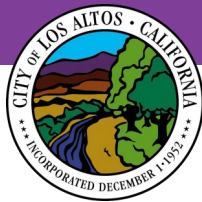
Share your secrets to longevity on our posters hung outside the Senior Program.

*Note: Calendars are not a comprehensive listing of all programs.

June 2016 Calendar of Events

Mon	Tue	Wed	Thu	Fri
		1 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 9:30 Artventures 10:00 Legacies 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play	2 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 10:30 Piano Lessons 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	3 Super Size Screen <i>Bridge of Spies</i> 1:00 Room 12 Members: Free All Others: \$1.00
	6 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	7 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping pong 5:30 Dinner on the Patio	8 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:00 Casual Dining	9 10:00 Men's Group 10:00 Speaker: Anne Ferguson 10:30 Piano Lessons 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club
13 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	14 Day Trip 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	15 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play	16 8:50/10:00Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg Summer Concert	17 Birthday Luncheon Chicken, Mushroom and Polenta Lasagna 12:00 Room 11 Members Birthday: Free Members: \$4.00 All Others:\$6.00
20 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor <i>1st day of Summer</i>	21 9:00 Bridge Free Play 10:00 HICAP 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	22 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play	23 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg	24Summer BBQ <u>Menu</u> Hamburger 12:00 HV Patio Members: \$6.00 All Others: \$8.00 Coffee & Music on <i>the Patio</i>
27 S.A.S.H orders due 9:30 Monkeys 10:00 Beg. Bridge 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	28 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong	29 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play	30 9:15 Int. Bridge 10:00 Bocce Ball 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg Summer Concert	

*Note: Calendars are not a comprehensive listing of all programs



Grant Calendar of Events

Open every Wednesday 10:00 am—2:00 pm

1575 Holt Avenue, Los Altos, CA 94024

Schedule subject to change

May Happenings

May 4

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
12:00 Parks & Recreation Commission
Speaker: Kim Carlson, MD, MPH
1:00 Zumba Gold Dance Party with Nora
1:00 Current Events

May 11

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Book Club with Betsy
1:00 Zumba Gold Dance Party with Nora

May 18

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
12:00 Speaker: Joe Eyre, Exec. Director, LACF
1:00 Zumba Gold Dance Party with Nora
1:00 Men's Group
6:00-9:00 Personal Emergency Preparedness(PEP)

May 25

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Garden Club
1:00 Zumba Gold Dance Party with Nora

June Happenings

June 1

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Zumba Gold Dance Party with Nora
1:00 Current Events

June 8

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Book Club with Betsy
1:00 Meditation
1:00 Zumba Gold Dance Party with Nora

June 15

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
12:00 Speaker: Memory Techniques
1:00 Zumba Gold Dance Party with Nora
1:00 Men's Group

June 22

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Garden Club
1:00 Zumba Gold Dance Party with Nora
1:00 Meditation

June 29

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Zumba Gold Dance Party with Nora



BLAZE A TRAIL: MAY 2016

Membership Benefits

The following services are available for those with a membership

Membership

Thank you to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$6.00 for home delivery of our bi-monthly Newsletter: The Spotlight

Make checks payable to: City of Los Altos

Mail to: Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programming such as technology tutoring and equipment loans that are designed exclusively for members.

Birthday Month Members!

Enjoy a Free Lunch at our Birthday Luncheon during your birthday month!

Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terry Ann at (650) 947-2642.

Copies

Members are welcome to ten free black and white copies per year. After ten, the member cost is 5¢ per side of copy. All others cost is 10¢.

Please see the front desk volunteers for assistance.

Technology Resource Tutor

Mondays by appointment HV Room 10

Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions to make the most out of your session.

1/2 hour appointments.

(650) 947-2797 • losaltosrecreation.org

In-Home Repair Program

The In-Home Repair Program has three repair Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick are volunteering to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Donations are accepted. Please call (650) 947-2797.

Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVD's to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan through the Senior Program.

Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. Please NO sharp objects.

Battery Recycling

Recycle your household batteries: AA, AAA, D, C.

See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

Recreation and Community Services

The blossoms are in the trees, the sun is (mostly) shining...spring is here!

Or, as we say in Recreation & Community Services, classes are starting up, summer camps are filling up, and the concert series is gearing up!

Classes: May and June see many classes starting for adults, including **art** classes such as Intro to Zentangle (called "yoga for the brain"); **dance and fitness** classes like Adam Halper's Fun + Fitness; **financial** classes: Passport to Retirement and Rejuvenate your Retirement; a **music** class: Terrible Adult Chamber Orchestra (TACO); **sports** classes: Golf for Women, Ice Skating, Intermediate Tennis, as well as High Intermediate Tennis; and a **special interest** class: Personal Emergency Preparedness.

Ongoing classes include: YMCA Low-Impact Aerobics, Intermediate Bridge, and the perennial favorite, Line Dancing.

Summer Camp Discount for Grandkids

Summertime means camp! If you have grandkids in the area this summer, you may be able to secure a 10% discount on their camp fees for Camp Shoup, Redwood Grove Camp, Camp jelly bean, and our Combo Camps. Look through the summer camp section of the spring Activity Guide (specifically, page 20) for the discount details.

Summer Concert Series

June 16 kicks off our annual summer concert series. That initial concert will take place at Grant Park, from 6:30-8pm. Then, the ever popular Peninsula Symphony will perform on Saturday, June 25 from 6-7:30pm on the Hillview Soccer Field. Bring a picnic and a folding chair and enjoy the evening! Look for the complete concert listing in the upcoming summer Activity Guide.

Summer Guide

Speaking of the summer Activity Guide, that brochure will be delivered to your mailboxes and available in the Senior Program the third week of May. Snatch it up and then sign up!



2016 Summer Concert Schedule

06.16 House Rockers	Grant
06.25 Peninsula Symphony	HV—Saturday
06.30 Big Band Beat	Grant
07.07 Fleetwood Mask	HV
07.14 Phil N the Blanks	Grant
07.21 Sun Kings	HV
07.28 The Peelers	Grant
08.04 Foreverland	HV
Thursdays	6:30—8:00
Hillview Park and Community Center (HV)	
97 Hillview Avenue -	Soccer Field
Grant Park and Community Center (Grant)	
1575 Holt Avenue	Soccer Field

Welcome Joan!

You may have noticed a new face in our Senior Program. We are delighted to welcome Joan Young to our Senior Program staff. Joan is a longtime Los Altos resident. She has previously worked as a manager of volunteer programs for the San Jose Public Library and as a music teacher with the Cupertino Union School District. She has two grown daughters and one granddaughter.

Drop in to say hello!

Volunteer Appreciation

Thank you volunteers!

On Thursday, April 14, the City of Los Altos hosted their annual volunteer appreciation reception. All City volunteers are thanked for their contributions to the City of Los Altos at this event. This year's appreciation recognized many volunteers who have dedicated several hundred hours to improving the lives of their neighbors through their volunteerism in the City of Los Altos, many of whom volunteer through the Senior Program.

Those who volunteered 100+ hours to the City of Los Altos include:

Ellen Chu	Susannie Lee
Janet Clauson	Annie Metz
Margaret Filson	Chiraq Patel
Kathy Frates	Elizabeth Reeves
Sharon Hiatt	Tomie Sera
Verda Keenan	Lori Stoia
Lynette Lee Eng	Leesa Yim

Those who volunteered 250-499 hours:

Jing Juan Cai	Dora Hsiao
Stacey Chaney	Carol Lewis
Patricia Densmore	Daniel McCandless
Adela Di Canio	Nanette Pearson
Trudy Hickok	Pat Reed
Jeanie Whiteley	

Those who volunteered 500+ hours:

Lily Hioki with 990 hours
Delroba Parsi with 604 hours

Lifetime Achievement

A medal, personalized certificate and Presidential congratulatory letter were presented to Lily Hioki for her 12,621 volunteer hours over the past 25 years and the late Jeanie Whiteley with 4,083 volunteer hours over the past 8 years.

Thank you for your dedication to our City!

Phyllis Semple Award

Congratulations Stacey Chaney! Stacey has volunteered with many City Departments. Her "initiative, happy and can do service" have made a difference to the public and staff. Thank you Stacey for all you do! Congratulations!

Get Involved! Make a Difference! Learn New Skills!

Volunteer at the Senior Program or explore other volunteer positions by contacting Barbara Smith. Barbara is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities.

Contact Barbara at (650) 947-2897 or e-mail at bsmith@losaltosca.gov or visit losaltosca.gov/volunteer.

Volunteer sign-in



Help us to keep track of your volunteer hours. Please fill out the volunteer time card found behind the volunteer desk

each time you volunteer at the Senior Program. Thank you for all you do!



Summer Barbecuer

We are looking for an individual(s) who would be in charge of barbecuing at our summer barbecues. Staff will purchase and provide all food and supplies. Starting the barbecue and barbecuing are the main responsibilities.

Friday, June 24, July 22, August 26

Speakers, Older Americans Month

Speakers

Enjoying the Outdoors

by **Kim Carlson, MD, MPH**

City of Los Altos Parks and Recreation Commission present Dr. Kim Carlson. Learn about the latest research regarding the physical and mental benefits of engaging in outdoor activities. Get ideas about how to enjoy our local parks, and receive practical tips on how to incorporate regular exercise into outdoor activities. Pick-up a flyer at the Senior Program for more information.

Wednesday, May 4 12:00
Free Grant Multi-Purpose Room

Mind Body Connection:

What is it and how can it help me?

Do you have chronic pain? Do you feel stressed? Are you having trouble sleeping? USF nursing students will teach you techniques to lower your stress, pain and increase your sleep through the process of creating a strong mind-body connection.

**Sponsored by Community Services Agency,
University of San Francisco School of Nursing**

Tuesday, May 10 12:00
Free HV Room 12

Anne Ferguson, Ph.D., MBA

City of Los Altos Parks and Recreation Commission presents its Speaker Series featuring Anne Ferguson, Ph.D., MBA. Dr. Ferguson is the Founder and Executive Director for Bay Area Older Adults (BAO), a nonprofit organization that promotes the health and wellness of older adults in the San Francisco Bay Area. Her talk will cover the variety of outdoors activities for older adults in Los Altos Parks, other local parks and gardens as well as organizations that offer outdoor activities for Santa Clara County residents such as BAO.

Thursday, June 9 10:00
Free HV Room 12

Los Altos Community Foundation, Joe Eyre, Executive Director

Joe Eyre will speak about the importance of giving back to the community and opportunities for you to get involved!

For more information pick-up a flyer at the Senior Program and visit the Los Altos Community Foundation (LACF) website at losaltoscf.org or call LACF at (650) 949-5908.

Wednesday, May 18 12:00
Free Grant Multi-Purpose Room



Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation asking that the entire nation pay tribute to older persons in their communities. Today, Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities - oam.acl.gov/

Share your Secret to Success!

Celebrate with us by posting your secrets to longevity on our posters outside the Senior Program through the month of May! Check them out as you drop-in each time!

Friday Events!

Big Screen Movie 645103-05/06

1:00 Register Room 10

Members: Free All Others: \$1.00

Fee provides popcorn and beverage

The Martian May 6

Summary:



During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager

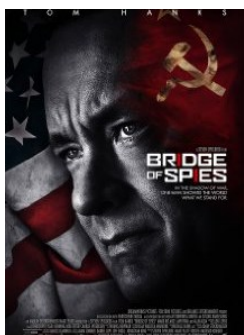
supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

Stars: Matt Damon, Jessica Chastain and Kristen Wig

144 mins./Adventure/Drama/PG-13

Bridge of Spies June 3

Summary:



During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot Francis Gary.

Stars: Tom Hanks, Mark Rylance, Alan Alda

142 min./History, Drama, Thriller/PG-13



THE TERRACES
At Los Altos

OWNED AND MANAGED BY ABHOW

Thank you to the Terraces of Los Altos for catering our 2nd and 4th Friday Luncheons.

12:00

Register Room 10

Walk-ins welcome. Reservations preferred. Please call (650) 947-2797 for more information.

Luncheons:

2nd Friday Luncheon 645201-05/06

May 13 and June 10

Members: \$4.00 All Others: \$6.00

Birthday Luncheon 645519-05/06

May 20



Menu:

Enchilada Casserole
Black Bean and Corn Salad
Dessert

June 17

Menu:

Chicken, Mushroom and Polenta Lasagna
Vegetables
Dessert

Members: \$4.00 All Others: \$6.00

Birthday Members: Free

4th Friday Luncheon 645202-05/06

May 27

Members: \$6.00 All Others: \$8.00



Stars and Stripes

BBQ

June 24

Menu:

Hamburger with all the fixings
Tater Tots
Dessert

*Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

*Thank you to Los Altos Legacies for subsidizing the Senior Program meals and entertainment.

Yoga!

Registration, Class Refunds & Transfer

Registration: Please pay and register in Hillview Room 10. All participants must either fill out a drop-in or membership form before registering for the first time. Any class changes will be noted at time of registration. **Please plan on arriving early to class to expedite your service experience.** Refund and transfer requests must be submitted in writing or in person, up to five working days prior to the first day of class. E-mail requests to: recreation@losaltosca.gov All refunds will be charged a \$20 service fee. No refunds or transfers will be given once class begins.

Artventures

645514-02

Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment. Visit their blog at: <http://caartventurers.blogspot.com/>

Wednesday 9:30-12:00
June 15-August 24 HV Room 12

Members: \$1.00/class, \$12.00/session

Non-members: \$3.00/class, \$36.00/session

**Current session: pay quarterly or before class in HV Room 10.*

Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting. *Note: Must bring own instrument and stand.*

Required: Please contact the director before the first class at tacosv.com.

430111/02/03

Sunday, May 29 and June 26 2:00-5:00

Cost: \$10.00 Los Altos Youth Center

Zen Meditation Series

Korean Monk Hwansen Sunim will teach the benefits of meditation and guide you through a group meditation.

Wednesday 1:00
June 8 and 22, July 6 and 20
Free to Members Grant Multi-Purpose

Gentle Yoga for a Healthy Spine

This class focuses on increasing flexibility, mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners. 831707-01/02

Note: Bring a Yoga mat, towel and loose clothing.

Monday 9:15-10:15
June 20-August 22 Shoup Park Garden House
*No class 6/27, 7/4

Wednesday 9:30-10:30
June 22-August 24 Shoup Park Garden House
*No class 6/29, 7/6

Residents: \$100.00 All Others: \$118.00

Yoga for Adults

831702-01/02

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It also promotes strength and flexibility. These beginning and intermediate classes offer instruction based on the teaching of BKS Iyengar in asana practice, breathing techniques and end with deep relaxation. Equipment Note: Yoga Sticky mat, thick towel or blanket required. Wear comfortable shoes.

Monday, Continuing 6:00-7:30
June 13-August 22 HV Room 4
*No class 7/4

Thursday, Beginning 6:00-7:15
June 16-August 25 HV Room 4

Residents: \$132.00 All Others: \$156.00

Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on.

**Note: Please bring yoga mat.*

Monday 1:30-2:30
Free for members HV Room 12

Active!

Line Dancing

645511

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week. For information call instructor Richard Campbell (408) 377-6978.

No experience necessary.

Tuesday

1:00-2:00

HV Room 4

Members: \$6.00/class All Others: \$8.00/class

**Pay monthly or before each class in HV Room 10*

Strength and Balance Class 645107-04

Join group leader Nora Beltran in low impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

Tuesday/Thursday

11:30-12:15

July 12-August 25

HV Multi-Purpose

Members: \$16.00

All Others: \$48.00

Stretch & Flex

HV Social Hall

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

**Bring a mat to each class*

Tuesday/Thursday

8:50-9:50

July 12-August 25

645108-08

Tuesday/Thursday

10:00-11:00

July 12-August 25

645108-09

Members: \$45.00

All Others: \$55.00

Zumba Gold



Join a fun loving dance party where you will enjoy easy to follow Zumba Gold dance movements from different rhythms around the world.

Wednesday

1:00-2:00

Free for members

Grant Multi-Purpose

Chair Exercise

Perform a combination of sit and standing exercises that will increase your flexibility and strength.

Wednesday

10:45

Free for members

Grant Multi-Purpose

Stretch with Eleanor

Join Volunteer Eleanor to practice "The Eight Pieces of Silk Brocade," a foundational Chi Kung form to help build overall health, wellness and vitality.

Wednesday

10:15

Free for members

Grant Multi-Purpose

Personal Training by Team Fitness

With over 40 years of collective coaching, two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. Can also form a small personal training group of two to three friends.

Registration Note: By appointment only. To register, email or call Tom Gordon at tomgordon@teamfitness.com or (877) 751-5100, x3.

\$35 per hour-3 people, \$45 per hour-2 people
\$75 per hour-Individual

Tai Chi for Life!

645534-02/03

Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, internal martial art that flows in gentle and slow whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

Tuesday

12:45-1:45

April 12-June 7

HV Multi-Purpose

**No class: 5/17*

June 14-August 30

HV Social Hall

**No class 7/5,8/16*

Members: \$10.00/class, \$85.00/session

All Others: \$12.00/class, \$94.00/session

**Pay quarterly or before each class in HV Room 10.*

Special Interest

Cora's Casual Dining RSVP Room 10

This group meets at a different restaurant the second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please **RSVP to the Senior Program** at (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

Wednesday, May 11 5:00

Paul Martin

545 San Antonio Road, Mountain View

Wednesday, June 8 5:00

Casa Lupe Number 2

671 South Bernardo Ave

Book Club 1:00

Hillview, 2nd Thursday HV Room 18

May 12 Under the Wide and Starry Sky:
A Novel by Nancy Horan

June 9 In the Heart of the Sea: The
Tragedy of the Whaleship Essex
by Nathaniel Philbrick

Books are available at the Senior Program. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30. Questions? Call Cynthia at the library (650) 948-7683 (x3510) or Janet at (650) 967-2941.

Grant

2nd Wednesday, May 11 & June 8

English Lessons with Galen

Volunteer Galen offers relaxed English lessons to those in attendance.

Wednesday 11:30
Free Grant Multi-Purpose

Garden Club

Come and join others to stimulate your knowledge and love of gardening.

Fourth Wednesday, May 25 and June 22
Free 1:00 Grant Multi-Purpose

(650) 947-2797 • losaltosrecreation.org

Personal Emergency Preparedness - (PEP) 430813-02

Personal Emergency Preparedness is a 3-hour class designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Note: You may want to bring a light snack to class.

Wednesday, May 18 6:00-9:00
Grant Room 3
Residents: Free All Others: Free

**Register with the Recreation Department*

Smart Driver Course

Two consecutive Fridays

Friday, May 20 & May 27 1:00 - 5:00

Smart Driver Renewal Course*

Friday, December 9 1:00 - 5:30

**Must have completed eight hour class within the last three years to attend the renewal course.*

\$15.00 AARP Members \$20.00 All Others

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course.
Certificate is required for discount.

Women's Group 640841-01/02

Let's get this group started! Let us know if you would like to be part of a Women's group and how you would like it to be run! Contact the Hillview volunteer desk with your ideas.

Men's Group 645529

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

1st Thursday, May 5 & June 2

HV Room 10 10:00

3rd Wednesday, May 18 & June 15

Grant Multi-Purpose Room 1:00

Drop-In!

Pickleball...

640965

Continues to grow in popularity and participation at Hillview! It is known to be a FUN, yet low-impact sports activity, providing mild, yet hearty exercise! Pickleball is light on injuries and ailments. Doubles play is the way at Hillview, meaning two players to a team. Lots of laughs and conversation mix in with play at this activity. All are warmly welcomed!

Wednesday 11:00-1:00
HV Multi-Purpose
Members: Free All Others: \$3.00

Bocce Ball

Learn to play Bocce Ball & make new friends!

**Monday/Wednesday,
Tuesday/Thursday and Friday**

Hillview Bocce Ball Courts 10:00
1st Tuesday of the month 2:00-4:00

Summer Bocce Ball Tournament

Come play Summer Bocce Ball! The day of play will be determined by those playing. Teams consist of four players; a minimum of two players must be present to play. Individuals or teams may sign-up by contacting the front desk.

Ping Pong

Call (650) 947-2797 to reserve your spot today!

Tuesday 1:00
Free for members HV Room 12

Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

Monday-Friday 8:30-3:30 HV Room 10

1000-Piece Puzzle Challenge

Stop by the Senior Program anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

Monday-Friday 8:30-3:30
Free HV Room 10

Pinochle

Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

Thursday 12:00
HV Room 11

Poker

Poker is recruiting new members! Enjoy casual games of poker and meet new friends!

Monday 12:00
HV Room 11

Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

Tuesday 1:00
HV Room 10

Scrabble

Stretch your mind to come up with words available to you. Laugh, smile and joke while strengthening your vocabulary!

Monday 1:30
HV Room 10

Mah-Jongg and Bridge

Plenty of fun is to be had for all levels. See page 14 for detailed information on where and when to play!

Shuffleboard: Outdoor

Members call for an appointment to play.
Monday-Friday 8:30-3:30

Life Long Learning!



Coffee on The Patio

Join your friends and colleagues, while taking a break from a class or activities to

enjoy coffee and refreshments on *The Patio*, right outside the Senior Center door!

Friday beginning June 10 10:00-12:00

Young musicians will drop-in to play their instrument of choice beginning June 10.

Listen in before lunch. 11:00-11:30

Beginning Bridge Drop-In Lesson

This class is designed for those interested in an introduction to Standard American Contract bridge. Drop-in for an introduction

Monday 10:00-2:00

Beginning May 9 Register in Room 10

Free for Senior Program Members

Bridge Free Play ** Please sign in*

Bridge begins promptly at 9:00 am. Groups of four play. If there is an uneven number of players, players rotate into the games.

Tuesday 9:00-3:00

Wednesday 9:00-12:00

Free HV Room 11

Wednesday 10:00-2:00

Free Grant Multi-Purpose

Intermediate Bridge 645530-02/03

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing.

Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

Thursday 9:15-12:00

April 21-June 9 HV Room 12

June 16-September 8

Members: \$5.00/class, \$78.00/session

All Others: \$7.00/class, \$104.00/session

**Pay quarterly or before each class in HV Room 10*

**For information, call Tony Plutynski at (650) 948-0699.*

(650) 947-2797 • losaltosrecreation.org

Dinner and Music on the Patio

Let us dine you tonight under the stars in our Patio! A demonstration will be given by a Chef before you enjoy your dinner accompanied by Jazz favorites played by Rick Ferguson and Friends. Share this nice evening out with a friend or two! HV Patio

Tuesday, June 7 5:30 pm-7:00 pm

Members: \$50.00

Others: \$60.00

Featuring: **RICK FERGUSON and Friends**

Rick has two songs featured in a 2013 movie soundtrack, and recently played for the President of Ireland. He has accompanied such jazz vocalists as Kimberly Gordon and Joe Williams in Chicago and Sarah Marie Young, winner of the 2011 Montreux Jazz Festival Young Vocalist Competition. RSVP by May 31.

Limited seating.

Mah-Jongg

645515-03

Mah-Jongg players of all levels are encouraged to join us for a good game or two. Groups play using, 'the card.'

Beginning Mah-Jongg HV Room 12

Annie Metz makes it simple to come and play Mah-jongg. No experience necessary. Ask Annie questions to learn while you play or just enjoy playing with others. Mah-Jongg sets and 'the card' are provided during play. Just bring yourself and be ready for fun.

Thursday 1:00

Members: Free

All Others: \$3.00

Intermediate Mah-Jongg Free

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game.

Wednesday HV Room 11 12:30

Drop-in Mah-Jongg

Bring your own set and a group of four. Card tables are available from 10:00-2:00 on a first-come first-served basis. Free

Wednesday Grant Multi 10:00-2:00 14

Mini-Trips, S.A.S.H

Filoli: Afternoon Tea and Tour

First we will take a guided tour through a Georgian country house which is known as one of the finest remaining country estates of the early 20th century. Then, we will meander through the spectacular 16-acre English Renaissance garden. Following the tour we will experience a lovely tradition in the relaxing and gracious ambiance of Filoli—Afternoon Tea. Afternoon Tea includes delicious sandwiches, seasonal salads, scones with fresh lemon curd and pastries presented on linen tablecloths. Finish your day with a jaunt through the gift shop as we head home.

Wednesday, May 25

Members: \$101.00 All Others: \$111.00

Cost Includes:

Round trip transportation, Afternoon Tea and Tour

Depart from Hillview Park & Community Center
Depart: Approx. 9:30 Return: Approx. 5:00

Travel Policies and Procedures

- Order of boarding the bus will be at the discretion of the tour escort.
- Must have a completed drop-in form with first and last name, address, phone number and two emergency contacts at time of sign-up if not a current member.
- Must pay for trip at time of sign-up.

Candle Making and Wine Tasting

Get your creative side flowing with a candle making session (\$15.00 candle included in price, bring money for candle upgrade or charms if desired). After enjoy a walk through downtown Willow Glen where you will have the opportunity to shop and dine at (no host) a restaurant of your choice. End the day wine tasting at J. Lohr before heading home.

Tuesday, June 14, 2016

Members: \$45.00 All Others: \$55.00

Cost Includes:

Round trip transportation, Candle Making

Depart from Hillview Park & Community Center
Depart Approx. 9:30 Return: Approx. 3:30



S.A.S.H. (Shopping Assistance for Seniors who are Homebound)

Local volunteers are available to pick-up cooked rotisserie chickens from Costco and deliver them warm to Los Altos residents 50+. This is a trial program that has 10 available deliveries per week on a first-come, first-serve basis.

Place your order Monday-Friday, for a Wednesday delivery between 10:30 am and 1:30 pm.

Cost & Payment

The cost for chicken home-delivery is \$7.00 for Senior Program members and \$8 for non-members. Payment may be made using your credit or debit card by calling Recreation & Community Services Office at (650) 947-2790 between 8:00 am – 5:00 pm Monday-Friday or by check (made payable to “City of Los Altos”) or cash (exact change, please) at the time of delivery. Donations to the Los Altos Senior Program are welcome, but not required.

Eligibility

This program is available to all Los Altos Residents 50+. The program may be expanded to include delivery of other foods in the future based on member feedback and participation.

For more information, contact Recreation & Community Services at (650) 947-2790.

Extended Tours

Venice & The Italian Lakes



September 27, 2016
9 Days•8 Nights•10 Meals

Highlights:

Lake Como City and Cruise •
Milan City Tour • Bellagio • Romeo & Juliet
Balcony • Verona Arena • St. Marks Basilica •
Cost Per Person: \$3895 (Double) \$4395 (Single)

Washington DC & Williamsburg



October 13, 2016
7 Days • 6 Nights • 9 Meals

Highlights:

Washington DC City Tour •
World War II Memorial • Smithsonian
Institution • Mt. Vernon Tour • Jamestown &
Yorktown • DC Twilight Illumination Tour •
Cost Per Person: \$2325 (Double) \$3000 (Single)

Charleston and Savannah Holiday



November 29, 2016
7 Days • 6 Nights • 10 Meals

Highlights:

Charleston City Tour • Boone
Hall Plantation • Fort Sumpter Boat Tour •
Charleston Holiday Lights • Beaufort Horse
Drawn Carriage Tour • Jekyll Island Trolley
Tour • Savannah City Tour •
Cost Per Person: \$2345 (Double) \$3045 (Single)

Arizona Spring Training Getaway



March 19, 2017
6 Days • 5 Nights • 7 Meals

Highlights:

Phoenix City Tour • 2 Spring Training
Baseball Games • Hall of Flame Fire
Museum • Old Town Scottsdale • Heard
Museum of Native American Culture •
Tucson Area • Mission San Xavier • Arizona-
Sonora Desert Museum • Sabino Canyon Rec
Area Tram Tour •
Cost Per Person: \$1895 (Double) \$2495 (Single)

Holland Tulips, Rhine River Castles



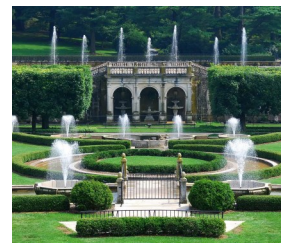
March 27, 2017
11 Days • 9 Nights • 22 Meals

Highlights:

Lucerne • Strasbourg •
Speyer • Cologne •
Amersterdam • Canal Cruise • Keukenhof
Gardens • Black Forest • Cuckoo Clock
Factory • Basel • Rudensheim • Koblenz •
Cost Per Person starts at:

\$4895 (Double) \$6245 (Single)

Philadelphia, Poconos, Brandywine Valley



September 17, 2017
6 Days • 5 Nights•7 Meals

Highlights:

Valley Forge Nat'l
Historical Park •
Philadelphia City Tour •
Independence Hall and the Liberty Bell •
National Constitution Center • The Poconos •
Town of Jim Thorpe, Brandywine Valley •
Two former DuPont Mansions • Hershey's
Chocolate World • Pennsylvania Amish
Country •
Cost Per Person: \$2175 (Double) \$2725 (Single)

New England Rails and Trails



October 6, 2017
8 Days • 6 Nights•11 Meals

Highlights:

2 Rail Journeys • Boston
City Tour • Faneuil Hall Marketplace •
North Conway, NH • Billings Farm and
Museum • Woodstock • Maple and Sugar
Farm • Ben & Jerry's Factory • Portland
Maine and more! •
Cost Per Person: \$2975 (Double) \$3850 (Single)

**Contact Senior Program Staff
for registration or with travel
questions. (650) 947-2797**

Make your money go farther!

Senior Parcel Tax Exemption

**Santa Clara Valley
Water District**



Are you 65 years old or older? Live in your own home as your primary residence? The Santa Clara Valley

Water District offers an exemption for qualifying low-income seniors from the Safe, Clean Water special parcel tax. The tax was approved by the voters in November of 2012.

Program Requirements for 2016

- Born before June 30, 1952
- Total Household Income for 2015 was less than \$46,450 (*See Frequently Asked Questions, for explanation of Total Household Income*)
- Own your home and live in it as your primary residence

Please note that mobile homes in parks and homes that are in an irrevocable trust are not eligible for this exemption

The enrollment period is open through June 30, 2016. Pick-up an application online at www.valleywater.org/Programs/SeniorParcelTaxExemption.aspx or at the Grant or Hillview Senior Programs.

Utility Users Tax Exemption

Are you 65 years old or older? Are you responsible for the payment of utility services subject to the Utility Users tax at your residence?

Program Requirements for 2016

- 65 years of age or older
- Aggregate Income, from all sources, of all persons who share the residence does not exceed \$58,600 per year.

Pick-up an application from the City of Los Altos Senior Program or City Hall.

North County Library Authority exemption from library tax

Are you 65 years old or older? The North County Library Authority offers an exemption for qualifying low-income seniors from the Library Parcel Tax. The tax was approved by the voters in June of 2012.

Program Requirements for 2016

- 65 years of age or older
- Aggregate Income, from all sources, of all persons who share the residence does not exceed \$43,100 per year.

Pick-up an application from the City of Los Altos Senior Program or City Hall.



City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual Senior Program scholarships of \$200.00 to residents for participation in Senior Programs on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$43,100.

Please call Peggy Ford at (650) 947-2790 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested). Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri at (650) 947-2518.

Services

Transportation: Road Runners

RoadRunners is a transportation service provided by dedicated El Camino Hospital Auxiliary volunteers. Transportation is provided for medical, dental, or any health related appointments. A reservation is required. For fees and details, or to place a reservation for this service, please call RoadRunners directly at (650)940-7016.

RoadRunners office hours:

Monday - Friday | 7:30 a.m. to 4:30 p.m.

Pick up and Drop Off service hours:

Monday - Friday | 8:15 a.m. to 3:30 p.m.

HICAP

Free

Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650) 947-2797 for appointments with Roy Ito.

Next available appointments:

Tuesday, May 17 & June 21

Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering, explanation of medical and legal language, help with forms, etc.

Contact El Camino Hospital (650) 940-7210.

Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a “warm” line for routine, even daily phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers.

If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or emedina@csacares.org to submit your request.

Nutrition Program

Enjoy a healthy meal with others Monday-Friday at the Mountain View Senior Center. Pick-up a flyer in the Los Altos Senior program or check out Mountain View's Prime Time News publication for menu and more information.

Sponsored by : Community Services Agency partnering with Santa Clara County S.N.P. (650) 964-6586.

Monday-Friday Mtn. View Senior Center
Sign in by 11:15, lunch served at 11:45
Suggested donation for ages 60+ \$3.00
Suggested donation for guests under 60 \$8.00

Vial of L.I.F.E



(Lifesaving Information for Emergencies)

First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your medical history. Come to Room 10 and inquire at the Front Desk.



Stay Connected



NIXLE: is a new communication service which the city uses to reach residents quickly. The City will send alerts directly to registered users via text message, email and the web.

To register visit www.NIXLE.com.

Follow the Los Altos Senior Program through one of our several media outlets.

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov
Recreation: www.losaltosrecreation.org

Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight

(Senior Program Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)



Local Resources 2-1-1

For free, non-emergency community, health and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1, you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community (www.211scc.org/about.htm). *If you live outside of the county, dial (866) 896-3587.*



From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at the Hillview.

(650) 947-2797 • losaltosrecreation.org

Community

Farmers Market 4:00 - 8:00

Thursdays, May 5-September 29

State Street between Second and Fourth

Senior Symposium 10:00-2:30

Workshops and discussion on making Silicon Valley Age-Friendly. Hear TED talk speaker Dr. Laura L. Carstensen, Stanford University Center on Longevity. Registration required: seniorsymposium2016.eventbrite.com

Friday, May 6 Mexican Heritage Plaza, San Jose

Tech Day for Older Adults

Sign up at community.linkages.org/techday or email TechTrainingDayinfo@gmail.com: to reserve your one-hour slot.

Saturday, May 7 10:00-2:30

Los Altos Library—Orchard Room

Flyers at the Senior Program.

Fine Art In The Park 10:00-5:30

Saturday and Sunday, May 14 & 15

Lincoln Park, 199 University Avenue, Los Altos.

Free parking at Los Altos High School, with shuttles to the park. More information rotaryartshow.com/

Los Altos Pet Parade 10:00

This free "Los Altos Heritage Event" will begin on Main Street at First Street.

*Information: (650) 735-1552. **Saturday, May 14***

Ye Olde Towne Band 1:30-3:30

Enjoy a free, old-fashioned band concert in a beautiful park setting.

Information: windband.org/oldtowne/

May 29, June 26, July 31, August 28, Sept. 25

Shoup Park, 400 University Avenue, Los Altos

Los Altos Legacies Board Meeting 10:00

June 1, September 7 and December 7

Neutra House, 183 Hillview Avenue, Los Altos

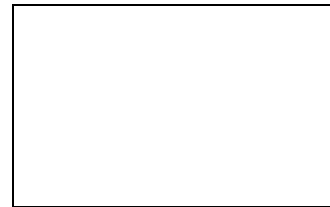
Elder Summit 2016

El Camino Hospital Elder Summit includes lectures, demonstrations, senior exercise and resources.

Friday, June 10, 2016 8:30-4:00

Call (650) 962-5882. 2500 Grant, Mountain View₁₉

Los Altos Senior Program
Hillview Community Center
97 Hillview Ave.
Los Altos, CA 94022



Change Service Requested

👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Joan Young

Kate Thornton

Nora Beltran

Staff: Candace Avina

Spotlight Newsletter

Los Altos Senior Program

